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Winnipeg metr



metrolife
WILLIE ROLLS OUT HIS OWN POT LINE ▶



Your essential daily news | **TUESDAY, APRIL 21, 2015**

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WHITEOUT RETURNS

Winnipeg Jets fans "Iceman" and "Maverick" at the MTS Centre Monday, during the first Whiteout in 19 years. More coverage in News, Sports. TREVOR HAGAN/THE CANADIAN PRESS

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Holly Plouffe attended the 420 rally at the legislature for the first time this year. She has been a medical-marijuana user since 2013 and said she thinks the government needs to better serve patients who rely on the green stuff. EVA WASNEY/FOR METRO

420 rally goes on below zero

MARIJUANA

Organizer sees turnout as symbol of resilience

Eva Wasney
For Metro | Winnipeg

The cold weather was the biggest buzz kill for cannabis supporters at Winnipeg's annual 420 rally on the Manitoba Legislature grounds.

Still, the small crowd of people who did brave the wind, snow and negative temperatures Monday is a testament to the resilience of the city's pot-smoking advocates, said 420 organizer Steven Stairs.

"There's a huge little community here," said Stairs.

"We're definitely growing, and people coming out, even though the weather's crappy, is a great sign of things to come."

This year, Stairs held a raffle to raise money for next year's rally and led a pro-pot



Marchers walk downtown Monday. EVA WASNEY/FOR METRO

"(420 is) not just for teenagers to smoke pot and skip school; a lot of people have that idea.

420 organizer Steven Stairs

parade through downtown.

For him, 420 means informing the public about marijuana use and breaking down stereotypes, he said.

"It's not just for teenagers to smoke pot and skip school; a lot of people have that idea," said Stairs.

"It's really about making a stand, making a public display of society's want for change."

In Canada, residents can apply for medical-marijuana licences based on their individual conditions.

Holly Plouffe has been using medical marijuana since 2013, and she said accessing her medicine is a struggle because the gov-

37,884

In December 2013, 37,884 people across Canada held a license to possess dried marijuana, according to data from Health Canada.

ernment charges too much for its weed.

"I have to buy it off some unknown guy every other week; that's not right," said Plouffe.

"I should be able to go to a dispensary, have a bud-tender there that's knowledgeable about the product he has."



I have to buy it off some unknown guy every other week; that's not right.

Holly Plouffe, on the cost the government charges for medical marijuana

HOMICIDE

Man found dying from gunshot wounds

A man found seriously injured in a back alleyway on Highfield Street near Chandos Avenue overnight has died.

Winnipeg police said the man was found at about 12:40 a.m. Monday suffering from gunshot wounds. He was taken to hospital, where he later died.

A witness said she heard several gunshots.

"It was scary; I thought someone was shooting at our house. I heard like five gunshots," she said. "Then I heard someone running, so I ran up to my husband to see what was going on."

It's the city's sixth homicide

of 2015. Police remained at the scene throughout the day, tapping off the street near Nelson McIntyre Collegiate.

The shooting is the second homicide in only a few days. Twenty-seven-year-old Godfrey Hayden died after he was stabbed several times on Friday night, leaving him bleeding

on a Selkirk Avenue sidewalk.

Police said they are conducting interviews and that an autopsy is underway to confirm the cause of death.

Anyone with information about either homicide is asked to call the homicide unit at 204-986-6508.

METRO



Police at the scene of an overnight shooting on Highfield Street on Monday. SHANNON VAN RAES/METRO

Lego store down the block

ATTRACTIONS

Iconic toy company set to open a store in Winnipeg

Colin Fast
For Metro | Winnipeg

Fans of Lego will think everything is awesome about the latest addition to the city's retail mix.

The Danish toy company confirmed Monday it will open a Lego Store somewhere in Winnipeg in 2015.

The company recently posted online ads for two store management positions.

"We do a lot of research on potential markets and go where we think there's a good Lego audience and a lot of Lego fans in the area," explained company spokeswoman Amanda Santoro.

Richard Strifling, one of the co-founders of the Manitoba Lego Users Group, said the news hit him like a ton of bricks.



Lego master builder Erik Varszegi works on an eight-foot-tall R2-D2 model in 2012 to celebrate the opening of British Columbia's first Lego store. Winnipeg is getting their own store, although a location has yet to be confirmed. PHYLCIA TORREVILLAS/METRO FILE

"We've always wanted to have a store in Winnipeg and we thought that day would never come," he said.

"We've had to make long trips to Lego stores in Minneapolis and Calgary to buy extra pieces," Strifling added.

"So it will be nice to have a connection right in Winnipeg." Lego currently operates

"We've always wanted to have a store in Winnipeg and we thought that day would never come."

Richard Strifling

nine retail outlets in B.C., Alberta, Ontario and Quebec, all of which are located in large regional shopping centres.

A representative from Polo Park was not able to confirm or deny Lego was on its way there, while a spokesperson for St. Vital Centre said, "It's not us."

Stores typically feature large selections of brick sets, play areas, a build-your-own figurine station and a pick-a-brick wall to buy individual pieces.

Lego's signature plastic bricks were first produced in 1949. In 2014, the company had record-high sales of \$4.4 billion US, which it said were boosted by the popularity of The Lego Movie.

IN BRIEF

The Trews to headline local volleyball tourney

Canadian rockers The Trews will be headlining this year's MTS Super-Spike.

The annual beach volleyball tournament announced Monday the band will join a dozen other musical acts performing at Maple Grove Rugby Park July 17 and 18.

The Trews have five albums and 22 top-20 songs, and this show is their only scheduled appearance in Winnipeg this year.

MTS Super-Spike is the biggest outdoor volleyball tournament in Western Canada.

Last year, 441 teams took part and raised \$125,000 for Canada's National Women's Volleyball Team. METRO



The Trews CONTRIBUTED

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SPORTS

COMEDY

Funny ladies stand up united

Ladies night isn't a regular occurrence in the male-dominated world of standup comedy, but local comedian Chantal Marostica is hoping her upcoming show will change that.

Empow(HER)ment debuts at The Park Theatre this Saturday and is meant to showcase the funny ladies who are tearing up the Winnipeg comedy scene.

"I want to empower women who come out to the show to get into comedy, because we always need more women," said Marostica.

She moved to Toronto five

months ago to try her hand at getting laughs in a bigger market and since she's been gone she hasn't seen many new women in the Winnipeg circuit.

Along with co-producer Amber Daniels, Marostica has put together an eclectic set that goes beyond the average standup routine.

Performers include Dana Smith, who often mixes music into her sets; Outside Joke, a three-woman improv comedy group; and Cathy Herbert, an autobiographical sketch comic.

Marostica hopes to highlight

everyone's individual strengths.

"I asked them to tell the jokes that make them feel like their strongest selves," she said. "We have Tim (Gray) hosting because it's not about men against women, it's about showcasing women and men can be our allies."

Empow(HER)ment starts at 8 p.m., followed by a second set called White Girl Wasted, meant to be a bit more brash and interactive. Tickets are \$15 each and are available through Ticketfly.

EVA WASNEY/FOR METRO



Some of the women performing Saturday. HANDOUT



Winnipeg Jets fans Mike Reid and Paul Leaden prior to the Winnipeg Jets versus Anaheim Ducks playoff game Monday. TREVOR HAGAN/THE CANADIAN PRESS

Whiteout here in WIN-nipeg

JETS

Team has come full circle, says Blake Wheeler

Paul Maurice didn't put too much stock into the snow falling on the day of the first playoff game in Winnipeg since 1996. It's the whiteout inside MTS Centre that fans, coaches and players have been waiting for.

Playoff hockey returned to the city Monday with the Jets hosting the Anaheim Ducks in Game 3 of their first-round series. It's a day 19 years in the making since the first incarnation of the Jets left for Arizona and four years since the Thrashers moved here to bring the NHL back.

"It's a real special day for the people that have been here a long time," winger Blake Wheeler said.

"Losing the team a number of years ago, it's kind of come full-circle. I think it's a great day for people of Winnipeg."

Maurice has coached in Toronto and Carolina but never experienced the kind of connection Jets fans have with this team.

"The fans here come up and thank you like you had anything to do with the team coming back, which I didn't, for being here," Maurice said Monday morning. "You get the feeling that you're kind of like the teacher here and you've got their kids, and their kids is the Winnipeg Jets hockey team. Through the course of the regular season, they've been getting some pretty average to below average marks and they're finally getting some good grades."

Monday night's highly anticipated parent-teacher conference was expected to include a full house of 15,016 fans making

more noise than ever before. Players around the league already consider the arena one of the loudest around, despite being one of the smaller ones.

"This is a big thing for this city, for this community to have their team in the playoffs," said veteran centre Jim Slater, the only player left from the Thrashers' only playoff team in 1996. "Not a lot of people know where Winnipeg is on a map, but they definitely know where their hockey team is, and we take a lot of pride in that."

That includes the visitors on the receiving end of the noise.

"Part of me as a hockey fan and a hockey player appreciates this," Anaheim captain Ryan Getzlaf said. "It's great to see a city rally like that."

THE CANADIAN PRESS

Not a lot of people know where Winnipeg is on a map, but they definitely know where their hockey team is ...

Jim Slater, veteran centre

IN BRIEF

Suspicious packages sent to courts no threat: RCMP

RCMP say suspicious packages sent to law court buildings in six Manitoba communities earlier this month have proven not to be a threat to the public.

Police say tests on the packages to detect dangerous chemicals all came back negative.

The communities that received the packages included Winnipeg, Thompson, Brandon, Morden, Minnedosa and Churchill.

RCMP say the packages

appear to have originated from China.

Police won't say what was inside the packages.

RCMP say similar packages have been sent to some other provinces.

THE CANADIAN PRESS

Red Cross needs volunteers

The Canadian Red Cross is looking for a flood of new disaster response volunteers in Manitoba.

The Red Cross trains volunteers who help with every kind of emergency

from house fires to large scale evacuations due to forest fires and flooding.

Anyone interested can attend an information session Monday at 7 p.m. at the Canadian Red Cross office at 1111 Portage Ave.

The humanitarian organization will be providing services like transportation and lodging to any Manitoba First Nation community needing evacuation in 2015, which is part of the reason it needs more helping hands.

METRO

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When egg shopping, it's all or nothing

CHALLENGE DAY 1

Reporter tries, fails to buy two eggs instead of whole carton



Gilbert Ngabo
Metro | Toronto

I couldn't buy a couple of eggs.

I grew up in Rwanda, and I still remember young men and women walking through downtown streets — and other parts of the country — with baskets, selling all sorts of food items. An egg would go for less than 20 cents. It would be about the same price as buying the egg in a restaurant or at a food store. Whether your budget allowed for one, two, three or the entire pack, you'd have a choice.

After embracing the challenge to live on \$1.75 a day, I realized in downtown Toronto, things were different. I'd set out on a shopping spree with my tiny budget and had hoped to get at least two eggs for less than a dollar, something I thought should

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 1 of 5, Gilbert tries and fails to buy a couple of eggs. Not six, not a dozen. Two.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

be easy enough.

But no store would allow me to buy just two eggs; not a single store among a handful that I visited. A couple of stores had two or three boiled eggs already

packaged, but the price was way outside what I could afford on my budget.

As I was pounding the streets looking for eggs, I kept thinking about the poor person, with just a few spare cents, looking for an egg or two but constantly being told to buy the whole carton.

Yes, a dozen eggs sell for about \$4, and that's about 33 cents for each. But if you're among Toronto's poor, unless you have access to a farmers' market, your choices on a tight budget are limited. And it's not as if the city is free of poor people. We just learned, in fact, that 264,000 adults here are living on poverty-level wages, according to the latest Metcalf Foundation report.

It may not be surprising to see someone in the store buying just a bottle of cooking oil, one jar of juice or a single bun from the bakery section. I've never really thought that it might be all they can afford. I'm more likely to assume they're just picking up one single item missing from the fridge.

Now that I've been that person buying three tomatoes, a handful of mushrooms, a can of beans and asking for only two eggs, I have a different perspective.



Gilbert Ngabo tried his luck at finding two eggs at Loblaws in Toronto Monday. LIZ BEDDALL/METRO



Struck out again at a Shoppers Drug Mart. LIZ BEDDALL/METRO

GROCERIES

Egg search, store by store

At a downtown Toronto No Frills on Sunday, I bought a can of beans, tomatoes, mushrooms, a slab of cheese and some pita, but they wouldn't let me buy individual eggs. So I set off Monday to try to find two eggs.

— An employee at a Shoppers Drug Mart looked at me incredulously before saying there was no way I could be given just two separate eggs.

— A Metro store had a six-pack of eggs for \$2.99, but my budget would only allow for two eggs under a loonie, combined. A staff member told me she had never seen anyone trying to buy just a few eggs. They did have a packet with two boiled eggs, but it would have cost \$1.12.

— It was the same story at Loblaws, where a pair of boiled eggs goes for a little less than a toonie.



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Blue shoes mark federal budget

The symbolism of Finance Minister Joe Oliver donning a pair of Tory-blue New Balance sneakers on Monday for the traditional new-budget-shoes photo op shouldn't be lost on anyone.

A federal election date may yet be six months away, but Tuesday's promised delivery of the Harper government's first balanced spending blueprint in eight years means the Conservatives are already off and running.

The well-orchestrated march to the 2015 general election began more than a year ago, when the government presented a 2014 budget that, it turns out, could have reasonably showed a surplus — but held off the big reveal until Canadians were closer to the ballot box.

The parliamentary budget office last week predicted 2014-15 will come in \$3.4 billion in the black — a possible jump start



Federal Finance Minister Joe Oliver shows off his new budget shoes in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

on those New Balance runners Oliver slipped on at a Toronto shoe store.

The long march continued last Halloween at a campaign-style event in Vaughan, Ont., where Prime Minister Stephen Harper rolled out a five-year, \$27-billion package of improvements to family benefits and targeted tax cuts — a sort of rolling campaign barrage timed to light up the fireworks in July when families receive their first retroactive benefit cheques.

Between Tuesday's budget

launch and those family cheques, there will be an orgy of government self-promotion, with \$7.5 million already earmarked for "economic action plan" advertising.

These set pieces of the Conservative re-election campaign will be augmented with a host of smaller measures aimed up shoring up perceived weaknesses and bolstering perceived strengths. Headlining it will be the return to surplus, backstopped by proposed balanced-budget legislation. THE CANADIAN PRESS

+ TRADITION

It is a Canadian custom for finance ministers to purchase or wear new shoes for Budget Day.

EU leaders worried over migrant crisis

HUMAN TRAFFICKING

Leaders to meet Thursday in Brussels

Shaken by the feared drowning of hundreds of people in the latest Mediterranean tragedy, European leaders struggled Monday for an adequate response in the face of unremitting migrant flows and continued instability in Libya that has given free rein to human traffickers.

Even as the search continued for victims of the weekend disaster that left as many as 950 people feared dead, coast guard ships rushed to respond to new distress calls on the high seas — two off Libya and a third boat that ran aground near Greece.

Decrying what he called an “escalation in these death voyages,” Italian Premier Matteo Renzi urged Europe to put the focus on preventing more boats from leaving Libya, the source of 90 per cent of migrant traffic to Italy.

“We are facing an organized criminal activity that is making lots of money, but above all ruining many lives,” Renzi said at a joint news conference with Malta’s prime minister, Joseph Muscat. He compared their activity to that of slave traders of

centuries past, “unscrupulous men who traded human lives.”

The European Union foreign affairs chief, Federica Mogherini, said this weekend’s appalling human toll — which, if verified, would be the deadliest migrant tragedy ever — had “finally” fully awakened the European Union to the evils of human trafficking.

The EU has been under increasing criticism for lagging in its response to the crisis, with two shipwrecks believed to have taken the lives of as many as 1,300 migrants in the past week. Some 400 people are believed to have drowned in another capsizing on April 13.

Stopping the traffickers will be a key item on the agenda when EU leaders meet in an emergency summit Thursday in Brussels, along with a proposal to double spending on sea patrols off Europe’s southern border. The 10-point plan includes a proposal to take “civil-military” action modeled on previous operations in the Horn of Africa to combat Somali piracy.

Meanwhile, new details emerged about the weekend disaster, with Italian prosecutors saying hundreds of migrants were locked below deck unable to escape when the rickety boat capsized off the coast of Libya.

At a news conference in Catania, Sicily, prosecutor Giovanni Salvi said “a few hundred were forced into the hold and they were locked in and prevented from coming out.” He said hundreds more were locked on a second level of the boat, which also had hundreds of migrants squeezed into its upper deck.

Salvi said the migrants rushed to one side of the boat as they saw a Portuguese-flagged container vessel approach, with the



A man rescues a migrant from the Aegean Sea, in the eastern island of Rhodes, Monday. Greek authorities said that at least three people have died, including a child, after a wooden boat carrying migrants ran aground off the island.

ARGIRIS MANTIKOS/EUROKINISSI VIA THE ASSOCIATED PRESS

promise of rescue contributing to the disaster.

As with most such high seas sinkings, a precise death toll will likely never be known. Only 24 bodies have been recovered so far and only 27 survivors were rescued. One survivor, identified as a 32-year-old Bangladeshi, has put the number of people on board at as many as 950, though Salvi said the survivor had no

means to verify numbers. He said the coast guard estimated more than 700 people were on board, based on its observations at the scene.

Muscat, the Maltese prime minister, called the latest tragedy “a game-changer,” and said that “if Europe doesn’t work together, history will judge it very badly.”

THE ASSOCIATED PRESS

YEMEN

Saudi-led airstrikes flatten houses

Saudi-led airstrikes hit weapons caches held by Iran-backed Shiite rebels, touching off massive explosions Monday in Yemen’s capital that killed at least 19 people and buried scores of others under the rubble of flattened homes.

The U.S. Navy, meanwhile, has dispatched the aircraft carrier USS Theodore Roosevelt toward the waters off Yemen to join other American ships prepared to intercept any Iranian vessels carrying weapons to the rebels, U.S. officials said.

After the coalition airstrikes, mushroom clouds rose over the mountainous outskirts of Sanaa, where the arms depots are located. The Fag Atan area has been targeted several times since March 26, the start of the air campaign against the rebels known as Houthis.

“It was like the doors of hell opened all of a sudden,” said Mohammed Sarhan, whose home is less than two kilometres from the site. “I felt the house lift up and fall.” THE ASSOCIATED PRESS

IN BRIEF

Boy kills teacher in Barcelona

A 13-year-old Spanish boy armed with a crossbow and a machete killed a substitute teacher and wounded four other people at his school in Barcelona on Monday, police said. The unidentified boy was detained by police as a suspect in the attack that also saw two other teachers and two students injured. Authorities said the boy, who was undergoing a psychiatric examination, will not face criminal charges because he is under the age of 14.

THE ASSOCIATED PRESS

Immigrants flee South Africa after deadly attacks

Worried about their safety, hundreds of African immigrants headed out of South Africa in buses on Monday following deadly attacks on foreign-owned shops. South Africa’s anti-immigrant attacks, in which seven people have been killed this month, have angered many across the continent. South African diplomats in at least two other African countries reported threats of reprisal attacks.

THE ASSOCIATED PRESS

TRANSIT TUESDAY

Weekly Transit News Update



NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit’s Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Cirque du Soleil founder keeps kids out of Big Top

ENTERTAINMENT

Guy Laliberté sells his circus to U.S., Chinese investors

The force behind Cirque du Soleil's nearly 31-year run as a world-renowned Canadian success story is selling the famed circus even though his seven-year-old daughter has dreams of one day becoming a clown.

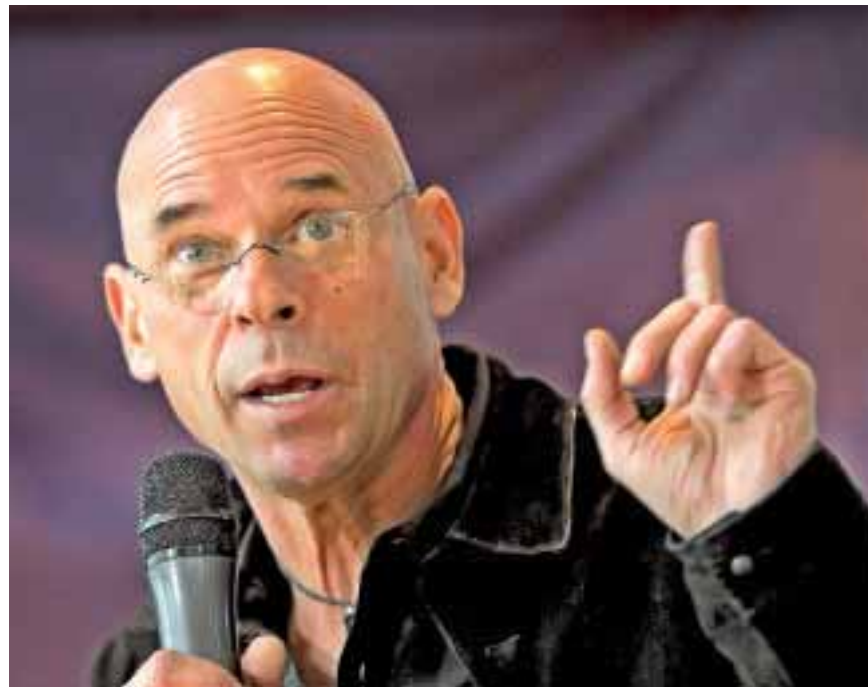
"I truly don't believe in second-generation entrepreneurship," Guy Laliberté told a news conference on Monday after announcing the sale to a U.S. private equity firm.

Laliberté, 55, has five children between the ages of seven and 18, but said that having them take over the Cirque was never really an option.

"From the outset, I didn't want to put the pressure of running the circus on their shoulders."

The creator of the Cirque, which wowed the world with breathtaking and cutting-edge shows, will maintain a 10 per cent stake in the Montreal-based company through his family trust and will also continue to provide strategic and creative input.

Equity firm TPG is acquiring a 60 per cent stake for an undisclosed price. Chinese



Cirque du Soleil founder Guy Laliberté speaks to the media at a news conference Monday in Montreal. Cirque du Soleil has signed a deal to sell a majority stake in the famed circus group to U.S. private equity firm TPG for an undisclosed price. RYAN REMIORZ/THE CANADIAN PRESS

investment firm Fosun will have a 20 per cent stake and Quebec pension fund manager the Caisse de dépôt another 10 per cent.

The transaction — which Laliberté said wasn't a "fire sale" at a reported value of around \$1.5 billion — will also

see partner Dubai World sell its 10 per cent stake.

Laliberté dismissed any suggestions the Cirque is in financial difficulty, saying it is a profitable venture that sells 11 million tickets a year.

He said the sale — only approved early Friday morning — will be good for the Cirque as it aligns with partners that can nearly double its growth by piercing the complex Chinese market and expanding third-party licensing deals and digital media.

Although the new owners have made a commitment to

Investment Canada to preserve the Cirque's Montreal headquarters, there's no written guarantee.

But incoming chairman Mitch Garber said TPG understands the company's core value is its Quebec-based creativity.

"It's not only a political statement and a statement of heart, it's a sensible financial reality that we have with the Cirque du Soleil," he told reporters.

Laliberté rejected a recent newspaper cartoon that showed U.S. flags flying over

+ PARTNERS

Long hunt for right match

Guy Laliberté said he was surprised to have lasted so long, having originally foreseen a 10-year run. He began to think about finding a strategic partner in 2006, and thought he found the right match two years later in Dubai World, a large real estate developer that quickly ran into financial difficulties. The latest sale process originally identified 94 potential partners. After weeding out incompatible potential partners, the list was whittled down to 46. Eight finalists were chosen among 17 that responded with offers.

THE CANADIAN PRESS

the Cirque's big top. He likened the Cirque to other respected Quebec-based companies like Alimentation Couche-Tard, Molson Coors, Bombardier and Garda that have large U.S. shareholders.

"Why are we so scared we will lose that identity?" he asked. The fact is that with just eight million people, Quebec companies can only pursue international growth by finding well-financed corporate partners, he said.

"And sorry, gang, there is a little more money on the other side of the border than there is here to allow companies like the Cirque or others to grow more solidly."

The sale to the group led by TPG is expected to close in the third quarter.

THE CANADIAN PRESS

FOOD

KD set to remove artificial colour

Kraft is pledging to remove synthetic colouring from its Canadian Kraft Dinner Original product by the end of 2016.

This year will mark the last that the original version of Kraft Mac & Cheese, as it is sold in the U.S., will contain artificial preservatives or synthetic colours.

In January, Kraft said its macaroni and cheese would be coloured using paprika, annatto and turmeric.

There has been a huge shift away from processed foods in the U.S. and larger food producers are trying to follow their customers in that direction.

A Change.org petition that began in March 2013 asked Kraft to remove dyes from its macaroni and cheese. The petition garnered more than 365,000 signatures.

The company is already selling a product in the U.S., called Kraft Mac & Cheese Boxed Shapes, which has no artificial flavours, preservatives or synthetic colours.

Kraft said that its other macaroni and cheese varieties sold in the U.S., such as Shapes Cups, Original Cups, Premium Flavours and Easy Mac, will have no artificial flavours, preservatives or synthetic colours by next year.

The company said that it has worked for some time to make the changes to the product, but had to ensure that customers would not notice a change in taste.

"We weren't ready to change the product until we were confident that Kraft Macaroni & Cheese tastes like Kraft Macaroni & Cheese," the company said.

THE ASSOCIATED PRESS

I truly don't believe in second-generation entrepreneurship ... From the outset, I didn't want to put the pressure of running the circus on their shoulders

Guy Laliberté, Cirque du Soleil founder



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Canadian pianist inspires Apple staff

When it comes to obsessively meticulous attention to detail, it seems Apple employees could learn something from Glenn Gould.

At the company's internal Apple University, professor Joshua Cohen delivers three-hour seminars on the late, great Canadian pianist to classes of 15 students who typically occupy "senior leadership positions" at the tech giant.

"(Gould's) attention to detail is an important focus of the conversation about him. And it

strongly resonates with people here," Cohen says.

Cohen focuses much of his attention on Gould's 1955 debut recording Bach: The Goldberg Variations, considered to be a preposterously demanding piece of music. But the then-22-year-old Gould attacked it with characteristic doggedness and brazen self-assurance.

The eccentric Gould could be stubborn, a personality trait that seems to strike a chord with Apple decision-makers.

THE CANADIAN PRESS

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DOW JONES: 18,034.93 (+208.63)



ROSEMARY WESTWOOD

metroview

Fake guide dogs and their lying, entitled, arrogant owners

Dear guide-dog fraudsters:

I know you think you've been getting away with buying a fake guide-dog coat and parading into cafés and hotels, even onto planes, with your pet pooch Princess. I know, those jackets are as cheap and easy to buy online as, well, anything else.

Disability advocates like Bill Thornton, CEO of BC & Alberta Guide Dogs, has had his phone ringing off the hook with complaints about fake guide dogs, he told me, like the restaurateur who wanted to know if it was normal for a guide dog to come into a restaurant, take a seat at a table and eat a meal.

"This actually occurred," he told me, the disbelief still in his voice.

I know you think you've been getting away with it. But the guide-dog agencies are on to you. You're part of a rising problem of fake service dogs, they say, and now the B.C. government is doing something about it. A new law will soon require all guide-dog owners to carry a government-issued ID so that business owners can know for sure whether Princess is the real deal (something that already exists in Alberta).

But Thornton is most concerned about a potential backlash toward guide dogs and their owners, thanks to the likes of you and Princess.

Guide dogs are well-trained

and well-behaved. Did you know that only about 50 per cent of the dogs Thornton's group trains actually get certified? The rules are tight to maintain public trust in service animals.

But Princess, as you know, has terrible manners. She barks and she bites. And you're not much better.

Anytime someone calls you out for being a disability fraud, you become irate. Thornton hears about fraudster outbursts like yours all the time, he said.

It's unseemly, you know, on so many levels.

First, you are lying.

Second, you are playing on the sympathy of those too uncomfortable to question you about yappy, snappy Princess.

But third and worst of all, you are giving service dogs a bad name. If the public trust is broken, do you know who that hurts most? People who need dogs to see, hear or detect an oncoming seizure.

B.C.'s Guide Dog and Service Dog act will make faking a guide dog an offence, with a fine of up to \$3,000 if you're caught. And I hope you are.

This isn't about Princess. This is all about you: entitled, arrogant, narcissistic you.

Impersonating someone with a disability for your own petty gains? You can't get much lower than that, guide-dog fraudster.

the big number

81.1%

That's how many Canadians are urbanites as of 2011 — a near-complete reversal of the ratio 150 years earlier, in 1861, when city dwellers comprised less than 16 per cent of pre-Confederation Canada. Among G8 countries, we're the third most urbanized, behind the U.K. and U.S. Among 15- to 29-year-olds, the current divide is even more pronounced: only 17 per cent live in rural areas. Statistics Canada

Bike sharing is perfect for test ride in Winnipeg

YOUR RIDE

Colin Fast



Anyone who rides a bike in this city will tell you it can be a very quick and efficient way to get around. This is especially true downtown, where it's often quicker to travel by bike than to move a car from parking lot to parking lot.

However, the question of what to do with the bike when you're not riding it is sometimes a challenge.

Throwing a bike onto a bus so you can pedal the final few blocks of your commute is a pain, and locking up a bike outside always has you wondering if it's safe. As for leaving a bike on the street overnight? Well, just don't.

And what if you don't live here? Are you supposed to haul your own bike in by car or plane and keep it in your

hotel room?

If only there was a way to pick up a bike when and where you need it, make a quick trip, then drop it off and forget about it when you get to your destination.

In rides the bike-share program.

Practically unheard of just five years ago, there are now more than 50 bike-sharing services in cities across North America. Nearly all of them have been funded through some combination of government support, corporate sponsorships and membership sales.

One of the newest is in Hamilton, Ont., where SoBi (Social Bicycles) launched with \$1.6 million in support from the municipal government in March. For \$15 per month or an hourly fee of \$4, subscribers can access a network of 750 bikes located at 105 stations throughout the downtown.

Bikes can be picked up

and dropped off at different spots and come equipped with racks, baskets and locks. This grab-and-go convenience makes them popular with commuters and tourists.

Winnipeg Trails Association co-ordinator Anders Swanson said he relies extensively on bike-sharing programs when he travels. He even credits one with saving his life, figuratively speaking, while visiting Montreal a few years ago.

Swanson was at his sister's wedding when he realized — minutes before the ceremony — that he had forgotten his speech at the hotel. So he quickly swiped a credit card in a nearby Bixi bike-sharing station and managed to pedal to the hotel and back just in time.

"My sister would have murdered me if I didn't have Bixi," he said.

Could a similar system work in Winnipeg?

Swanson thinks it's just a matter of time: "There's so many wonderful destinations to get to by bike in Winnipeg already that it's kind of obvious it will be coming here."

He added he would be "shocked" if bike sharing isn't included in the city's pedestrian and cycling strategy that's scheduled for release in May.

With dozens of systems already in operation, the training wheels are off on the concept of bike sharing. Now it's time for Winnipeg's civic leaders and cycling advocates to take the idea out for a test ride in our city.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Follow him on Twitter @policyfrog.

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PHILOSOPHER CAT by Jason Logan





Sleeping Giant rouses Cannes

FILM FESTIVAL

Canadian director's first film to screen at French fest



Jessica Smith Cross
Metro | Toronto

Andrew Cividino was eating alone at a restaurant when he looked at his phone and screamed "Oh my God!"

He looked a little crazy at that moment, but he hadn't actually lost his mind. He's a Canadian director who'd just learned his first feature film was selected to screen at the Cannes Film Festival.

"I was actually at a McDonald's, which is a confession, and I was eating a hamburger surrounded by all of these other people," he said. "I think if you scream, 'Oh my God!' on a phone call, people know that you're talking to another human being. But if you're just looking at your screen, it's really hard for people to understand that."

He was elated to learn his film *Sleeping Giant* is one of seven feature films in competition at the International Critics' Week at Cannes, which is devoted to honouring new directors' first or second feature-length films.

That week has launched the careers of many famous directors, including some of



Nate (Nick Serino) at the wheel, Riley (Reece Moffett) in the passenger seat, and Adam (Jackson Martin) in the backseat, in a scene from *Sleeping Giant*. The Canadian film directed by Andrew Cividino has been selected to compete at Cannes. AARON YEGER

Cividino's favourites: Kevin Smith, Guillermo del Toro and Alejandro González Iñárritu.

Sleeping Giant is named for the Sibley Peninsula on Thunder Bay, where Cividino spent his summers growing up. His film is the story of a boy

named Adam and his friends, pushing the boundaries of safety and their youthful authority over a summer there.

It's partly inspired by Cividino's own experiences jumping off the cliffs of the *Sleeping Giant* into Lake Superior.

"It was really insane, we would really push our boundaries to levels I would now consider to be quite unsafe, but at the time, it just seemed like the obvious, the only thing to be doing," he said.

"There's this Lord of the

Flies stage of male adolescence that comes along with these destructive impulses and one way of testing your boundaries in the world is to destroy the world around you," he said.

"That's where we follow the boys."

+ CASTING

Film's lead a walk-in

Cividino found the actors in Thunder Bay by putting flyers up around town. Nick Serino, who plays Adam, walked into an audition without a script, appointment or acting credits.

"He just said, 'I saw on Kijiji you guys had posted something. I'm here for the movie,'" Cividino said. "Within 30 seconds we knew this kid is so special."

Serino's cousin in real life, Reece Moffett, is one of the co-stars.

Cividino wanted the boys to use their own voices in the film, so he'd "workshop" the scenes with them rather than strictly sticking to the script. "Some scenes are a lot more challenging because of that, but you end up with moments that you couldn't possibly have considered writing yourself, which just ring true and are hilarious."



Director Andrew Cividino.
JESSICA SMITH CROSS/METRO

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How Sweden became a musical powerhouse

HISTORY

Moral panic of 1940s paved way for talent

SOUND CHECK

Alan Cross



For a country of 35 million, Canada punches far above its weight when it comes to exporting its music to the rest of the world. But then there's Sweden. With fewer than 10 million people, the country is a musical monster.

There's the unending parade of cool indie artists: Lykke Li, Tove Lo, Peter, Bjorn & John, The Sounds, The Radio Dept., The Shout Out Louds, The Hives. And let's not even start on Sweden's role in metal. Or that Sweden is the birthplace of Spotify.

Sweden gave birth to ABBA, a group that has sold nearly 400 million albums, second only to

the Beatles. It's also the home of Max Martin, the producer/songwriter who crafted megahits for the Backstreet Boys, 'N Sync, Britney Spears, Katy Perry, Pink and Taylor Swift. He's produced more No. 1 hits than anyone except George Martin — and he had the Beatles.

So how did this sparsely populated northern European country become such a global powerhouse?

The answer starts with the 1940s, when cultural conservatives and church leaders banded together to protect the country's youth from the "dance-floor misery" of degenerate music coming from America. They set up a system of music schools — no tuition, free use of instruments — to show the young how morally uplifting

classical music could be.

By the 1960s, the system diversified into other genres of music. While this diluted the original intent of streaming the young into the classical realm, it offered kids more and more opportunity to discover what musical talents they had.

Coupled with government subsidies for rehearsal space (and sometime for just rehearsal), a network of music-

ally inclined people took root across the country. Ideas were exchanged quickly and efficiently. Tightly knit musical communities were created.

This sort of support and social networking brought the people in ABBA together. And when they hit it big, there was a sense across the country that if they could do it, anyone could. Since then, there's been a real can-do spirit amongst the musically inclined in Sweden. Now the country exports more than \$150 million US in music sales to the rest of the planet, the largest per-capita in the world.

It was a social engineering experiment gone wrong, but things have worked out just fine.

Lykke Li, left, and Tove Lo GETTY IMAGES



John Moose hails from Karlstad, Sweden. CONTRIBUTED

MOBILE APP

Band's new album free to listen to — in nature

John Moose, a Swedish five-piece band, has released a mobile app that allows listeners to enjoy their debut album for free. The catch: The app knows where you are, and it'll let you listen only when you get yourself to a woodland setting.

Hailing from Karlstad, the band says its roots are "in the deep wild woods of Värmland," a province in which Karlstad is the largest city. John Moose is also the name of a character whose stories they tell through their songs, which "tell a tale of escapism, where he finds himself stuck in the ambivalence between the civilization and its counterpart."

With that in mind, the musicians want those who experience

their album to find themselves in a similar space.

The album — which can also be pre-ordered now, with shipping to next week — is available in its entirety via the app, which can be downloaded for iOS or Android via johnmoosemusic.com/prerelease. Download it where you like, but to begin listening to the music, you'll need to be in a spot your phone recognizes as woods.

"Walk to the woods ..." the app instructs, followed by the message, "You are there. Now listen."

Tobias Norén, the band's drummer and digital director of Bacill production agency, says the wooded areas are detected through Google Static Maps API. AFP

SIDELINE

Willie Nelson to roll out own brand of marijuana

Music legend Willie Nelson is jumping into the movement to commercialize marijuana and plans to roll out his own brand of cannabis that he intends to make "the best on the market."

The singer-songwriter announced in a statement Monday that Willie's Reserve will be grown and sold in Colorado and Washington, two states where recreational use of the drug is legal.

Nelson is a longtime supporter of marijuana for personal use and has spoken of its benefits for hemp production. He's also pushed for the end of laws criminalizing use of the drug.

Nelson joins other famous pot personalities, including rapper Snoop Dogg, who endorses vaporizing products; singer Melissa Etheridge, developing marijuana-infused wine; and reality TV star and self-help guru Bethenny Frankel, who is working on a strain of Skinnygirl weed that wouldn't leave users with the munchies.

THE ASSOCIATED PRESS

COVER TUNE

Imbruglia single is her first in years

The Australian singer-songwriter Natalie Imbruglia, who made it big in the late 1990s, is releasing her first single in six years on Monday.

The new single Instant Crush is from her upcoming cover album entitled Male, scheduled for release in July 2015.

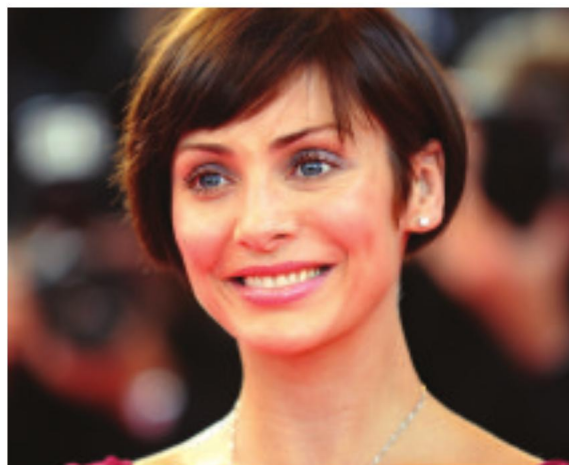
Why has the female songstress opted for such a name? Like Instant Crush, which was first sung by Daft Punk and Julian Casablancas, all of the titles were first recorded by

male artists.

Imbruglia told Mashable that she didn't want to touch songs previously sung by other women.

"I found it was more interesting to hear my vocals on songs done by men because it's different right away," she said.

This is not the first time Imbruglia has pursued cover music. Her first international hit single, Torn was a cover of the '90s rock band Ednaswap. AFP



Natalie Imbruglia's cover album Male is coming in July. AFP

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+ DISEASES**Pets may pose illness threat to children**

Pets are a wellspring of love and joy for their owners. But they can also be a source of disease if someone in a household has health problems.

In a review article published in this week's Canadian Medical Association Journal, two veterinarians and a physician from the Children's Hospital of Eastern Ontario discuss a variety of diseases people can get from pets. They make clear that in most cases, the risks to pet owners are low.

In particular, they recommend families forgo puppies and kittens if someone in the household has a badly compromised immune system. Young animals, like young children, are more likely to catch and spread germs.

"It's like having that young child in the household," lead author Dr. Jason Stull, a veterinarian at Ohio State University, said.

"If there is an individual who is severely immunocompromised, that may not be the best choice."

THE CANADIAN PRESS

STUDY

Twitter helps predict ER visits for asthma

Researchers are leveraging the microblogging platform to predict the volume of asthma-related emergency room visits one Dallas hospital can expect on a given day.

Researchers at the University of Arizona (UA) and the Parkland Center for Clinical Innovation in Dallas, Texas mined Twitter for information.

Their method involves monitoring air quality data using environmental sensors and scanning Twitter for posts with relevant key words such as "asthma," "inhaler" and "wheezing."

Text-mining techniques are then used to hone in on the tweets from the zip codes where most of the hospital's patients live, according to electronic medical records. By analyzing the data, the researchers developed an algorithm that predicted with 75 per cent accuracy whether the emergency room could expect a low, medium or high number of asthma-related visits on a given day.

These predictions allowed the hospital to be better prepared, namely by ensuring that



By scanning Twitter for words like 'wheezing' researchers can predict asthma-related ER visits. AFP

qualified staff and appropriate equipment were in place on peak days.

"You can get a lot of interesting insights from social media that you can't from electronic health records," said UA professor Sudha Ram, one of the leaders of the study.

"We think that prediction models like this can be very useful, if we can combine various types of data, to address chronic diseases."

AFP

Lighten up on the locker-room louts

GYM MANNERS

Sloths who strew sweaty clothes aren't your problem

URBAN ETIQUETTE

Ellen Vanstone



Dear Ellen,
One of my biggest pet peeves is walking into my gym's change room to find a pile of sweaty gym clothes left on the bench or on the ground. The gym has plenty of lockers, so I really don't understand why people would strip off to go shower and just leave their clothes — don't even get my started on the underwear — out for the world to see, and smell.
— Mike in Halifax

Dear Mike,

The men you are dealing with are likely from the well-known subspecies Men Who Have Always Been Picked Up After (MWHABPUA). These are the lazy, overly entitled brats whose moms, caretakers, life- or roommates are happy to follow around, picking up soggy towels, wiping sprayed toothpaste spittle off mirrors, rinsing shaved-off stubble down the drain, and applying Polysporin to cuts on their own run-off feet after stepping on razor-sharp shards of the MWHABPUA's clipped toenails.

At least, I hope you are dealing with a MWHABPUA, because the alternative is even more disgusting — Men So In Love With Their Own Filth They Think Everyone Else Loves It Too (MSILWTOFT-



Slobs tend to be immune to threats, sighs, passive-aggressive remarks or outright begging for humane treatment of their locker-room neighbours. ISTOCK

TEELIT). These men may also have been raised by people who picked up after them. Or maybe they were raised in a barn, by wolves. Either way, there's clearly no one picking up after them now, and believe me, they don't notice, much less care. These are the type of derelict jocks who leave their reeking gym duds all over the place while they shower, and then stuff everything into their lockers still damp and warm so it can breed more tiny bacterial monsters that will reek extra hard the next time they work out.

Do they think doing laundry is for sissies? Do they think this

is how real men are supposed to smell? (It's not.) Did they get punched out one too many times and their deviated septums have killed all sense of smell?

Who knows? The important thing to realize with both MWHABPUA and MSILWTOFT-TEELIT is that it's your problem, not theirs. Slobs of this calibre are immune to threats, sighs, passive-aggressive remarks or outright begging for humane treatment of their locker-room neighbours.

My advice is: Learn to love the louts. Now that mom's not around, you may be the only one who ever does ...

RESEARCH

Tango steps help Parkinson's patients

The tango, that famous Argentine dance, could improve balance and functional mobility in those diagnosed with Parkinson's disease, according to a recent Canadian study.

Researchers at the Montreal Neurological Institute of McGill University and the Research Institute of the McGill University Health Centre found that tango lessons were linked with improved balance and functional mobility in Parkinson's

patients, as well as modest benefits in terms of decreasing fatigue and boosting cognitive function. Moreover, the tango participants in the study found the activity more enjoyable, and many of them saw improvements in their mood and social life. However, no difference was observed between the group that did tango and the group that didn't in terms of overall motor function. The results were published in the April 2015 issue of Complementary Therapies in Medicine.

AFP



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Irene agrees with her husband whole heartedly. "I had tried so many diets over the years and I've battled with my weight all my life until now. At the U Weight Loss Clinics, I have finally discovered a way of eating that I can enjoy and stick to and the pounds and inches just kept melting off."

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The Jets' Blake Wheeler battles the Ducks' Emerson Etem for possession of the puck at the MTS Centre on Monday night. TREVOR HAGAN/THE CANADIAN PRESS

Ducks spoil return of playoffs

NHL

Rakell scores winner as Jets suffer overtime loss

Fired up for the first NHL play-off game in town in 19 years, Winnipeg Jets fans booed Corey Perry off the ice in warm-ups and cheered every icing call against the Anaheim Ducks. They went silent when the Ducks scored.

The waves of emotion ebbed and flowed throughout 60-plus minutes of hockey. The raucous "whiteout crowd" left on a down note after Anaheim's Rickard Rakell scored in overtime to beat the Jets 5-4 Mon-

GAME 3 At MTS Centre



day night at MTS Centre and take a stranglehold with a 3-0 series lead.

For the third straight game, Winnipeg blew a third-period lead and in the process became the first team in NHL history to lose the first three of a series when leading at the second intermission each time, according to the Elias Sports Bureau.

Winnipeg faces elimination in Game 4 Wednesday night.

Noise levels were off the charts for a crowd that had waited since 1996 for a Stan-

ley Cup playoff game. With fans across the continent watching in amazement and envy, it was exactly the kind of atmosphere everyone anticipated given the drought, and then some.

The arena went quiet when Cam Fowler scored to tie it late in the first and on goals by Perry, Jakob Silfverberg and then Ryan Kesler's that tied it again in the waning minutes of regulation. Fans chanted "Go Jets Go" when Rakell ended it. Frederik Andersen stopped 31 shots in net for the Ducks.

On the other side, the place just about shook when the Jets scored: Lee Stempniak's goal to open things, Tyler Myers's power-play goal, and Blake Wheeler's and Bryan Little's each of which gave Winnipeg the lead. Saves by Ondrej Pav-

elec — 26 in total — drew chants of "Pavy, Pavy" throughout the night, but it wasn't enough.

Silfverberg's goal tied the game at 3-3 at 16:04 in the second period. It came off a brutal Adam Pardy turnover was matched by Fowler putting the puck on Little's stick a couple of minutes later. All alone in the slot, Little wound up and blasted a shot by Anderson at 18:18 for his first point of the series.

Back in the same spot they were in Games 1 and 2, the Jets tried desperately to hold onto a third-period lead. Pavelec made a handful of big saves but couldn't do anything to stop Kesler's one-timer at the 17:46 mark that tied it up and sent the game to overtime.

THE CANADIAN PRESS

AROUND THE LEAGUE

Blues blanked by Wild

Devan Dubnyk made 17 saves and Jason Pominville and Zach Parise scored second-period goals and the Minnesota Wild earned a 3-0 victory over the St. Louis Blues in Game 3 of their Western Conference series on Monday.

Mikael Granlund had two assists, Nino Niederreiter added an empty-netter and the Wild had the edge in every way, without being drawn into a single trip to the penalty box.

The Blues have lost nine straight road games in the playoffs. THE ASSOCIATED PRESS

Rangers stifle Pens

Henrik Lundqvist stopped 23 shots and the New York Rangers regained control of their first-round series against the Pittsburgh Penguins with a 2-1 win in Game 3 on Tuesday night.

Carl Hagelin and Chris Kreider scored for New York, which dominated for two periods then held on late to take a 2-1 series lead.

Patric Hornqvist scored for the Penguins. Marc-Andre Fleury made 24 saves, but the Penguins couldn't back up their strong play in Game 2.

THE ASSOCIATED PRESS

IN BRIEF

Kings' Stoll facing drug charges after Vegas arrest

Los Angeles Kings centre Jarret Stoll is accused of having cocaine and Ecstasy with him when he was arrested on a felony drug charge at a Las Vegas Strip resort swimming pool, police said.

The 32-year-old Stoll was arrested Friday afternoon after security guards conducting a routine search to enter the MGM Grand hotel's Wet Republic pool complex found the drugs.

THE ASSOCIATED PRESS

Winner of the bombed Boston Marathon Desisa returns to triumph again

Lelisa Desisa won his first Boston Marathon in 2013. He didn't have much time to celebrate.

A few hours after Desisa broke the tape on Boylston Street on Patriots' Day, two bombs near the finish line turned what should be the pinnacle of any distance runner's career into an afterthought.

Desisa earned his second Boston Marathon title Monday, finishing in 2 hours, 9 minutes, 17 seconds to claim a golden olive wreath, the \$150,000 first prize and a winner's medal.

THE ASSOCIATED PRESS

James vs. Jordan debate turns bad, police called

Police say an argument over whether Michael Jordan or LeBron James is a better basketball player ended in a Pennsylvania man's arrest on aggravated assault and other charges.

A local newspaper reported that 22-year-old Daniel Mondelice was first arrested early Saturday after fighting with another man over whether Air Jordan or King James reigns supreme.

THE ASSOCIATED PRESS

Dale definitely has knack of providing 'big moments'



Winnipeg's Dale Weise seems to pop up and score key goals in the playoffs for the Canadiens. ABELIMAGES/GETTY IMAGES

NHL PLAYOFFS

Weise's goals Sunday pushed Habs' series lead to 3-0

Just before the playoffs, Tonight Show host Jimmy Fallon highlighted NHL players in a feature called "Player most likely to..."

The first player up was long-haired Montreal Canadiens right-winger Dale Weise, and the audience was chuckling at his mugshot even before Fallon made a joke about him looking like the "love child" of actor James Van Der Beek and "Joey from Full House."

No one laughs at Weise in the playoffs, where he seems to transform from a grinding winger to a specialist in scoring big goals.

The latest came Sunday night in Ottawa, when he tied the game with a goal from a scramble in front of the Senators net late in the third period and then scored the winner 8:47 into overtime on a blast from the left faceoff dot that went in off a post.

The victory put Montreal up 3-0 in the best-of-seven Eastern Conference quarterfinal, with a chance for a sweep in Game 4 on Wednesday night at the Canadian Tire Centre.

Weise has a modest 23 goals in 258 career NHL games, but he has five in 25 playoff matches.

Three of his post-season goals were game-winners,

including an overtime strike in the opening game of the first round last spring against Tampa Bay. He had two more goals as Montreal upset Boston in the second round.

"That one feels really good," he said after his winning goal to beat the Senators. "That kind of bumped the Tampa one down a bit; just the importance of that series."

"We played so well to get that win, and taking a stranglehold on the series is big." Teammate P.K. Subban was impressed with Weise's knack for scoring at key moments.

"There are guys that have made careers on that, just finding a way to get it done

— and listen, he's found a way," said Subban. "He deserves all the attention he is getting."

"I'd rather take players that score big goals at the right time than score in the games that don't mean anything."

Weise, a six-foot-two, 210-pound Winnipeg native, scored 10 goals and had 19 assists in 79 games this season.

He mostly played on checking units, but at times coach Michel Therrien would use him on the top line to retrieve pucks and create traffic in front of the net.

"He's a guy for big moments," said Therrien.

THE CANADIAN PRESS

+ ANDERSON IN FINE FORM

The Senators opted to go with veteran Craig Anderson in goal over Andrew Hammond in Game 3.

Anderson was sharp, stopping 47 shots.

"The guys battled so hard, played so well and to come up short is frustrating," Anderson said. "I gave the team a chance to win and that's my job."

Craig Anderson

JANA CHYTILOVA/
FREESTYLE PHOTOGRAPHY/GETTY IMAGES

"It's frustrating I wasn't able to get the win for the guys. We've got to put this behind us and get ready to go."

Coach Dave Cameron called Anderson's performance, "real good."

It's not surprising. We've seen him do that before."



WIN

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RECIPE Frittata with Sautéed Mushrooms and Havarti



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10
Cook time: 14

Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely chopped onion
- 1/2 tsp chopped garlic
- 3/4 cup sliced mushrooms
- 1/4 cup diced red bell pepper
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- 1 cup fresh baby spinach
- 1/2 cup shredded Havarti
- 2 Tbsp chopped parsley

Directions

1. Lightly coat a small nonstick skillet with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the mushrooms and red pepper and cook for 5 min-

utes just until mushrooms are dry. Set aside.

2. Wipe out the skillet and respray. Combine the egg substitute, egg whites and milk. Cook for 4 minutes over medium heat or until the egg begins to set. Add the onion and mushroom mixture, spinach and cheese. Cover and cook another 2 minutes, or until the cheese melts

3. Slip the frittata onto a serving platter with a spatula. Cut into wedges, garnish with parsley and serve immediately

Nutrition per serving

- Calories 205
- Protein 19 g
- Carbohydrates 8 g
- Fiber 1.3 g
- Total fat 10.4 g
- Saturated fat 4.2 g
- Cholesterol 17 mg
- Sodium 320 mg

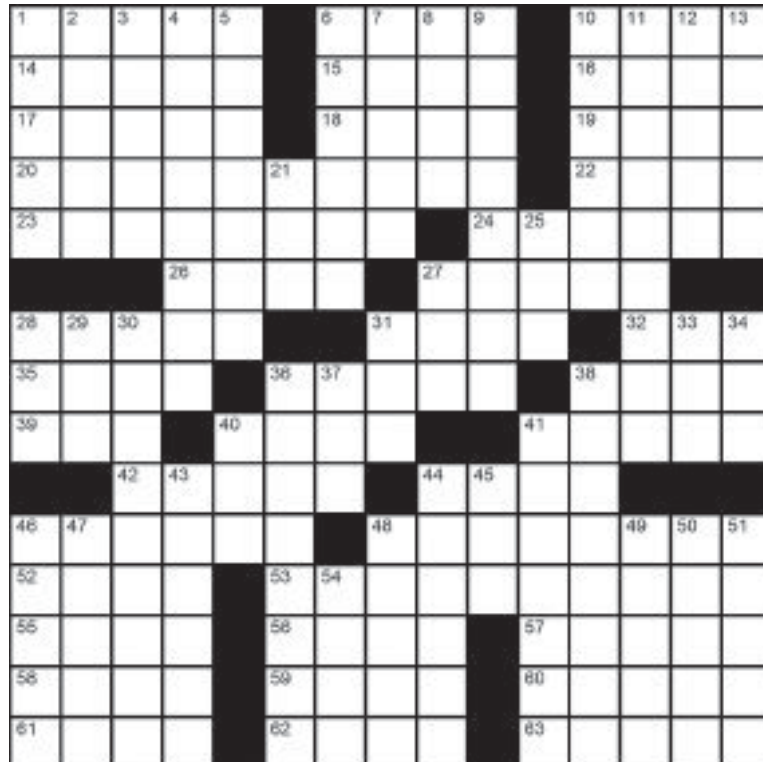
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- The ___ Diet ('Cave-man' diet)
- Beach burrower
- Repeated train noise
- Cut
- Dream: French
- German industrial region
- Collect-and-collect...
- Above
- 7th Greek letters
- Product by since-1959 Canadian brand Rouge-mont: 2 wds.
- Prefix to 'phobia' (Fear of heights)
- Liquidy lawn: 2 wds.
- Toronto's ___ Phillips Square
- Irritate
- Nod
- "Dracula Has ___ from the Grave" (1968)
- Closed
- Plank parter
- Greyish
- Creature on a highway crossing sign
- Homer Simpson's mom
- Jeannie C. Riley hit: "Harper Valley ___"
- Crow cries
- Does darn-ing
- AIR-ihk ___ suhn (Captain of the Ottawa Senators, as per the little pronunciation key



under the names of NHL players)
44. Rime
46. Tiredness cause in some
48. Toronto Blue Jays right fielder Jose
52. Rob of reels
53. They contain backstage specifications for rock-

ers: 2 wds.
55. Kitchen appliance
56. Dickens character, with Uriah
57. Ms. Munster's
58. Had in hand
59. Never, ___ account
60. Devil
61. Shakespeare

title starter
62. Time for lunch
63. ___ home is his castle

DOWN

- "Absurd!"
- "Not ___ in hell!"
- Jumped
- Tea blend:

2 wds.
5. Select from a take-out menu: 2 wds.
6. "Canada AM" movie critic Richard
7. Quebec city
8. "___ plaisir!" (Gladly, in Montreal)
9. Dominican Republic music/dance style
10. Make
11. Jeff ___ (Weather/sports anchor on "Canada AM")
12. Family in "Gone with the Wind" (1939)
13. Mr. Welles
21. Flier to Narita Intl. Airport
25. Painter's pride
27. "Fancy that!" [pl.]
28. Knock at the door
29. 'Capital' suffix
30. ___ Before Serving (Carton instruction)
31. ABBA song
33. Furthermore
34. Occurred
36. Event of endurance
37. Nocturnal bird
38. The 'M' of CTV's "Canada AM"
40. Ill. city
41. Song of Australia: "Waltzing ___"
43. Betters
44. Critically dwell: 2 wds.
45. 'O' of Canadian band OLP
46. Hawaiian greeting
47. Bestselling work
48. Good: Spanish
49. Actress Ms. Blair
50. Check the dress for fit: 2 wds.
51. Organizations, briefly
54. Vintner's prefix

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You want to make a useful contribution to what's going on around you but the only way you can do that is to join with other people. You can be a loner if you wish but you will get more done if you are not so aloof

Taurus April 21 - May 21
It's time to finish those tasks that should have been completed a long time ago. The Sun in your sign means your energy levels will peak over the next few days, so get on top of your workload.

Gemini May 22 - June 21
Work will be the dominant theme later in the week, so make the most of your freedom to come and go as you please now. As a Gemini you like to get out and about and meet new people — so what are you waiting for?

Cancer June 22 - July 23
One of the most trying periods of the year has come to an end and you managed to survive! You may be in the mood to celebrate but don't go over the top. The planets warn you need to stay out of trouble today.

Leo July 24 - Aug. 23
Tell everyone what they want to hear today, even if you don't believe a word of it and even if you don't believe they believe it either. You are not in the mood for arguments.

Virgo Aug. 24 - Sept. 23
You must question everything you hear today, because the planets warn that some of the things you will be told are designed to mislead you rather than inform you.

Libra Sept. 24 - Oct. 23
Make your own value judgments today. What others say may be interesting but it is essential that you follow your instincts rather than follow the herd.

Scorpio Oct. 24 - Nov. 22
Quite likely you will say or do something silly today but it's no big deal. In fact it will most likely endear you to people who previously thought of you as a bit too perfect and self-controlled. Seems you're human after all!

Sagittarius Nov. 23 - Dec. 21
You will find yourself in just the right place at just the right time to do something worthwhile today. Make the most of it — it won't always be this easy.

Capricorn Dec. 22 - Jan. 20

The Sun in your fellow Earth sign of Taurus at this time of year makes all things possible, for you at least, so don't limit yourself to petty ambitions. Go for gold.

Aquarius Jan. 21 - Feb. 19
Friends may know you need assistance but they won't lift a finger to help you unless you ask them to. That may annoy you a bit but most likely it's your own fault. They've been told off before for interfering in your affairs

Pisces Feb. 20 - March 20
You will be confronted with a very tough challenge today and you will deal with it with ease. That might surprise those people who have only ever seen the softer side of your nature but there is a core of steel running through the Pisces personality.

CONCEPTIS SUDOKU by Dave Green

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